

Useful  
Hints

## Woman and Home

Ethical  
Talks

## The Morning Story

OUT OF AN OLD THINK.  
By Lawrence Alfred Clay.

One of the ancient and interesting things to be found in Grandma Pearson's ancient and interesting farmhouse was the big scrapbook. She had begun it when a girl and now at the age of sixty she was still occasionally passing it on to her grandchildren.

The first thing that she might expect to find in it was a list of the names of the people who had been in the house since she was born. She had begun it when a girl and now at the age of sixty she was still occasionally passing it on to her grandchildren.

Each year when Miss Leonard Minn, grandchild, came down to pass a few weeks with grandma, she had a rainy day with her. She was a teen, but she would get that big scrapbook down on the floor and lie at full length as she read it. She had been brought up in a city, but she had the same superstitions and caprices of the girl of the country.

"If you dream of a black fox three nights running you will live and die an old maid," read one of the items.

The girl partly believed it, but when she was asked for a corroboration the answer was disappointing.

"It may be so, but I never knew a case of it."

"Didn't you ever know a girl who dreamed of a black fox three times running?"

"No, nor a red fox, either. There was Sarah Jumper. She dreamed of a coon five times running, but instead of living an old maid she had three husbands before she got through."

"But it surely means that you are going to fall in love if you look down the well and see your face in the water."

"Yes, I suppose it does; but girls are pretty sure to fall in love, even if they never look down a well."

But as the girl read on she gave a gasp of surprise. She had come across the following:

"If the sun comes up very red and you are standing under a pear tree and a white dove alights on your shoulder, it means that you are going to meet a stranger."

"Why, I should think it would. It seems to me it ought to."

"Grandma, I don't believe you believed in any of these things when you were a girl," pouted Miss Leonard.

"Well, you will find one here that says if a girl dreams that she falls asleep under a sunflower and is awakened by the twitter of a robin, a strange young man is coming along to fall in love with her."

"But did you ever know it to happen?"

"Hannah Baker always vowed and declared that it happened, but Hannah was a good deal of a liar. She said that the man who came along was Tom Perkins, whom she afterward married."

"And they lived happily ever after?"

"No, they didn't. That's the worst thing about dreams. Hannah and Tom fought like cats and dogs within three months and separated."

"And never made up?"

"Not as I ever heard of. You mustn't pay much attention to those old items about dreams and things. Those were days when girls were silly."

It was the first time that grandma had ever cast a doubt on the absolute veracity of the items, and the girl went out into the orchard and sat down and had a good cry. She had believed since she could understand and read that a bitter disappointment to be told at last that she had been believing in a lot of nonsense. Grandma finally called her in to show her how to make a custard for supper, and Miss Leonard dried her tears.

"But something may happen yet."

"Of course it may. Things are always happening. I've had that spotted cow for thirteen years, and I'd have as soon thought the judgment day would come as that she would kick, but what did she do the week before you came but haul off and give me a rap that set me aching the fence. Keep your feet dry and things will happen right along."

Three days later while Miss Leonard was chasing the cat around the lot she ran her foot into a nail. It was the first time that she had had her shoe on at the time she might not have run so fast, but she would have stepped on the nail. Grandma had to take the nail out of the foot, and there were red, sore, and swollen. She told her something might happen any day, and now it had.

"But I won't be able to step on that foot for several days," was protested.

"I know it, and that's what you get by playing the foot. I will make a bread and milk poultice to draw the poison out."

The next day grandma received word by a boy that a woman half a mile away wanted her and she said to Miss Leonard: "You will have to keep house alone for a couple of hours, but there will be nothing to make you afraid."

"But there may be a young man come along," was answered.

"But you get into this rocking chair and put your foot up in this position if any one knocks. A peddler may come along but he'll go away after he is tired of knocking."

Grandma had gone about half an hour when there came a knock at the door. No, it was not a peddler. The old lady hadn't quite shut the door after her, and the wind had pushed it back without the cripple being aware of it. There she sat, almost dozing and the peddler foot looking as big as a bear leg.

"Ahem! Ahem!"

"Oh, my!"

"It was a young man in the act of lifting his hat, and he stood fairly in the door."

"I called to see," he began.

"You must go right away, sir."

"Didn't I ask?"

"No, sir, go away."

"Yes, yes, I beg pardon."

And with a look that certainly indicated that his foot had walked away, she heaved black eyes and curly hair. Did he suspect in the remotest degree that a great big girl like her had met with an accident while chasing a cat before her?

In the girl's anxiety she found herself across the room and peering out of the window at the stranger's back as he walked away. She thought he was a good figure, but had got no further when a cat leaped out from under her and she had to go hopping back to her chair.

"I know we should have liked each other at first sight, and yet I must have a foot on me big as a barrel of soft soap. I told him to go, but I think it was the sight of the foot that scared him," she sighed.

When grandma returned and was told of the incident she said: "I don't know who on earth it could have been. He lifted his hat, did he?"

"Most gracefully."

"Then it wasn't any man living within twenty miles of here. He came to ask something, did he?"

"He did, but I choked him off. I wish I'd let him say away. That's this foot."

"I suppose," said grandma, looking very thoughtful, "that Providence ordained that you should chase that cat?"

"And get that thorn in my foot?"

"Yes, and he laid up when a stranger called."

"That's it, dear. That young man saw you was a nice girl. He saw you had met with an accident. You have aroused his curiosity and interest."

"Yes, grandma, and then?"

"Well, surely he'll be back again in two or three days."

"And—"

"I guess I'd better change the poultice. If Providence has planned to bring you two together, she's going to do it, unless you go and get stung on the nose by a bumble bee before that foot gets well."

"That foot got well like magic. The third day saw the patient hobbling around and keeping eyes on the high-way."

"You must not be too interested."

"Oh, I'm all right," was the laughing reply. "It's silly, as you say, to think that anything romantic could come out of that old scrapbook. If any one comes it will be a chicken buyer or a tin peddler, and as there is nothing romantic about them, I will take my book and go out in the orchard."

But the man came, and was neither after chickens, nor did he have wash basins and dippers to sell. It was Mr. James Brinkley, the artist from the city, whose errand that day and the

## NEW SHAPES IN PARASOLS

It Suggests the Pagoda



They are gored and shirred in very odd ways; some midway between the gores, forming a leadlike effect; others have gores of very odd and irregular width, often combining two distinct materials, that give quaint, striking effects.

## Have an Object in View

BY LILLIAN RUSSELL.

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The mind as well as the body demands stimulation. I do not mean that either calls for alcohol or other stimulants of this character. They find their stimulation in exercise. Depressed spirits lead to checks and deteriorating health. Absence of occupation and ambition consumes beauty and strength.

"A large percentage of the women who come to me for advice," declared a physician who practices among society women, "urgently need to be given some object in life. These women drink so deeply of the pleasures found in society that such things soon cease to satisfy. The time comes when society offers nothing to arouse their interest. Finally it is accepted as a matter of course. Servants take the management of the home from the hands of society women, and household work becomes monotonous. They live without an object in life. These women sometimes come to me with pale cheeks. There is lack of lustre in their eyes. They complain of weakness and feeling tired. What they need is healthful occupation and work for others that will keep their minds and bodies busy. Activity will bring back the color to their cheeks and lips and put new life into their bodies."

The arousal of interest in life will make a woman's eyes dash. It will bring an animated color and expression to the cheeks and lips. It will put vigor into the body. Indeed, the woman who is largely interested in any subject is magnetic.

The physician quoted above declares that when these pale faced, blase women go to him he prescribes some harmless medicine, advises fresh air, a diet, preparing this prescription and diagnosing their cases he attempts in a roundabout way to interest the patient in some useful work. Some of his patients have followed his indirect suggestions. They have colored their cheeks with a few drops of the aqua prescribed and work in the interest of hospitals. Others have found new health in laboring for orphan asylums.

The physician is a knowledge that all the medicine many women need when they think they are going into a decline is something to arouse their interest in life. If their interest can be stimulated through useful work it is all the better for them.

It is the mind which brings the blush to the cheek. It is the impression of fear on the mind that takes the color from the cheeks and lips. If it can temporarily affect the coloring of the cheek in this way the mind must also have some permanent influence on it.

Remember: If you attempt to nourish your beauty on idleness it will soon die from lack of food.

Lillian Russell's Answers.

Grateful Girl—You are not any bother to me, little girl. I am happy when I am able to help my correspondents. I don't know exactly what you mean by your skin being bad. If it is just simply rough and scaly it may be that the soap you are using does not agree with it. I am wondering just what kind of soap you use. The pure imported castile is the best soap to use on the face. Stop using soap for a while and use instead oatmeal and bran mixed. This is an excellent cleanser and leaves the face soft and smooth. If you will massage your face with a good skin food I am sure you will be able to make it nice and plump and remove the wrinkles about the nose. Place a lot of cold cream or skin food in the palm of your hand and when it softens rub it on the cheeks, going round and round in a rotary motion. Rub in all that will stick and then apply more to become absorbed during the night. I shall be glad to

send you formula for a good skin food dressed envelope.

Miss Anna, N. C.—You truly are not tall, Anna, for a girl of your age. Remember I should not be sad over it if I were you, for you still are young.

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and have time to grow. If you are in a school where there is a gymnasium I should spend all my leisure time doing exercises that would tend to stretch me.

Mrs. T. C. G.: The rolling exercise is excellent for reducing the hips. The Epsom salts solution is used for reducing flesh. It is made into a paste with soap and water. If you will send me a stamped, addressed envelope I shall be glad to send you formula for Epsom salts solution, and the rolling method for reducing the hips.

C. O. T.: I am afraid you have not been faithful enough in doing the exercises. You cannot accomplish anything in a day, you know. You will have to try more diligently. It may take a month or so before any results will be noticeable. Deep breathing will help to fill up the hollows in the neck. You might also try massaging the neck with lanolin, cocoa butter, and olive oil. Mix together equal parts of each and massage every night. You can make your hands plump by carefully massaging them with a good skin food.

L. C.: Any brand of yellow vaseline could be used for the brows and lashes. You probably did not give them time to grow. It takes time to accomplish results. I cannot give names and addresses through my column. I'm sorry.

## Standard Meals

BY MARTHA WESTOVER

While I endeavor to give a complete menu for luncheon each day, a really should be the exception and not the rule. The luncheon is regarded as a real expense, that is, a direct cost, for in most cases there is quite enough from the meals of the previous day to provide ample material for the mid-day meal.

This does not mean that your family should be asked to sit down to a meal of "scraps," a saucer of this and a small plate of that, which always makes each one feel that there is not enough to go. There are many attractive things, such as souffles, to be made from the required number of eggs and a cup of peas, or a cup of corn. Or a dish of rice can be made and a fine vegetable sauce made for it from the leftovers. Remember that a home-maker is judged by what she can do with "scraps."

## TO-MORROW'S MENU (WEDNESDAY)

| Breakfast.           |      |
|----------------------|------|
| Oranges              | 10   |
| Oatmeal              | 10   |
| Mixed liver on toast | 15   |
| Cocoa                | 10   |
| Luncheon.            |      |
| Split pea soup       | 10   |
| Cheese omelette      | 15   |
| Orange marmalade     | 10   |
| Celery               | 10   |
| Rolls                | 10   |
| Tea                  | 10   |
| Dinner.              |      |
| Fruit cocktail       | 15   |
| English beef loaf    | 30   |
| Asparagus on toast   | 15   |
| New potatoes         | 15   |
| Lettuce              | 10   |
| Canned cherries      | 10   |
| Coffee               | 10   |
| Total                | 1.65 |

Leftovers—At this time of year there is usually enough fruit in the house to be able to make up a fruit cocktail from leftovers. If there is not on this occasion, and instead there is material for a good soup, by all means substitute the soup.

## Dr. Brady's Health Talks

Dressing His Majesty in Style.

Too many babies are dressed to kill. Clothing should keep the baby comfortable and not sweltering. With proper nourishment he has a very good heat-producing equipment of his own.

and it is not only unnecessary, but distinctly harmful to cuddle him with more clothing than he can comfortably stand.

One bad article of clothing to keep on the baby is the abdominal band. A stomach is strong enough. You don't have to support it with a bandage or binder just because the baby's grandmother imagined she had to support her baby's tummy that way. In cold weather the abdominal binder tends to weaken the baby's muscles. In warm weather it is simply so much counterirritation to the skin of the abdomen. There is no doubt that the abdominal binder predisposes the baby to intestinal irritation and summer complaint. In warm weather the baby, more than any one else, needs to be kept cool, for summer heat is hard on babies.

## Don't Raise a Hothouse Plant.

So don't start your baby on his life journey with a cuddled abdomen. Leave off the abdominal band just as early as the doctor will permit, without consulting any grannies or nurses about it.

For all the year round, wool is the material for baby's shirt and stockings. In cool weather that should be the foundation of his dress; in hot weather that should be practically all of his dress, and in very hot weather the less of that the better.

Wool shirt and stockings, flannel petticoat, cotton dress, no shoes until he creeps. That is the right style for his majesty's dress.

For night dress he should have a flannel garment in cool weather, one which completely includes his feet, and if he sleeps in a cool room, as he should if he expects to keep free of nose, throat and chest troubles, the sleeping garment should cover his hands, too, so that they will not get cold if he knocks off his blankets in the night.

Questions and Answers.

Our Apparent Favoritism—Correspondents who have received no reply will be answered by mail if the question is repeated and a stamped addressed envelope forwarded.

Nutritive Value of Canned Food—Please state which furnishes more nutritive material, dried beef or canned salmon; bacon or salt pork; cornmeal or rice or wheat; beans or potatoes.

Here are the exact food values given in Professor Atwater's Principles of Nutrition and Nutritive Value of Food, issued by the United States Department of Agriculture, as Farmers' Bulletin 142: dried beef, 790; canned salmon, 915; bacon, 2,720; salt pork, 3,555; cornmeal, 1,640; rice, 1,555; wheat, 1,635; beans (dried), 1,520; potatoes, 255.

The figures represent the number of

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Troublesome Tonsil Tag—A year ago my tonsils were removed by a surgeon. A small piece of tonsil remaining in the right side of throat becomes inflamed and discolored often. Should I have it removed?

Reply—Ask the advice of the surgeon who operated. If it is tonsil tissue, it probably should be removed.

Avoiding Pneumonia—How can one engaged in outdoor work avoid pneumonia?

Reply—By avoiding crowded places, alcohol, colding, and contact with persons who have "a cold" or sore throat or cough. By keeping the mouth and teeth clean.

## BOOK ADOPTION POSTPONED

Hedden's "In Davis a Traitor" to Be Used in State High Schools.

Owing to the absence of President J. D. Eggleston, of the Virginia Polytechnic Institute, who is ill, the State Board of Public Instruction yesterday did not take up the selection of schoolbooks. Mr. Eggleston telegraphed Superintendent Stearnes to proceed without him, but the board decided that it would prefer a full membership, and the book selection was postponed to March 29.

The board did adopt, however, a supplementary history for use in high schools, selecting a work well known to Confederate veterans, by Professor

Albert T. Hedden, entitled "In Davis a Traitor?—Seclusion in a Constitutional Right Previous to June, 1861."



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